













Fitness Class Schedule

September 1 - December 31, 2012



MONDAY

5:45 - 6:45 am	 LES MILLS BODYCOMBAT	Jamie
8:00 - 9:00 am	Cardio Circuit 	Tamra
9:10 - 10:10 am	Power Step 	Crystal
9:10 - 10:10 am	Boot Camp** 	Michelle
10:20 - 11:20 am	Muscle Conditioning 	Crystal
11:00 am - 12:15 pm	Gentle Yoga*	CM
11:45 am - 12:45 pm	 LES MILLS BODYPUMP	Tara
1:30 - 2:30 pm	 SS MSROM*	Sonia
4:15 - 5:15 pm	 ZUMBA 	Helene
5:25 - 6:25 pm	Ride 60 	Crystal
6:00 - 7:15 pm	All Levels Yoga* 	Jen
6:35 - 7:35 pm	 LES MILLS BODYPUMP	Heidi
7:45 - 8:45 pm	Pilates	Wendy

TUESDAY














5:45 - 6:45 am	 LES MILLS BODYPUMP	Heidi
5:45 - 7:00 am	Total Body Conditioning**	Michelle
8:00 - 9:00 am	Piloxing 	Jaala
8:45 - 9:45 am	 SS MSROM* 	Wendy
9:05 - 10:05 am	All Levels Yoga* 	Nikki
9:10 - 10:10 am	 LES MILLS BODYPUMP	Trimbi
9:30 - 10:30 am	Mommy Intervals** 	Crystal
10:00 - 11:00 am	 SS Cardio Circuit* 	Sonia
10:20 - 11:20 am	Ride 60 	Trimbi
4:15 - 5:15 pm	NIA 	Jackie/Marty
5:25 - 6:25 pm	 LES MILLS BODYPUMP	Wendy
6:35 - 7:35 pm	Step Intervals 	Wendy
7:45 - 8:45 pm	Core Strength	Wendy

WEDNESDAY







5:45 - 6:45 am	Ride 60	Heidi
8:00 - 9:00 am	Muscle Conditioning 	Crystal
8:45 - 9:45 am	 ZUMBA * 	Tamra
9:10 - 10:10 am	Step Intervals 	Michelle
10:20 - 11:35	Total Body Conditioning 	Michelle
11:00 - 12:15 pm	Gentle Yoga* 	CM
1:30 - 2:30 pm	 MSROM* 	Wendy
4:15 - 5:15 pm	 ZUMBA 	Helene
5:25 - 6:25 pm	 LES MILLS BODYCOMBAT	Shondra
6:00 - 7:15 pm	All Levels Yoga* 	Jen
6:35 - 7:35 pm	 LES MILLS BODYPUMP	Tara

Class descriptions on reverse side.









THURSDAY

5:45 - 6:45 am	 LES MILLS BODYPUMP	Heidi
5:45 - 7:00 am	Total Body Conditioning	Michelle
8:00 - 9:00 am	Intervals 	Crystal
8:45 - 9:45 am	 Cardio Circuit* 	Tamra
9:10 - 10:10 am	 LES MILLS BODYPUMP	Wendy
9:30 - 10:30 am	Mommy Intervals** 	Crystal
10:20 - 11:20 am	Pilates 	Wendy
11:45 am - 12:45 pm	 LES MILLS BODYPUMP	Jaala
4:15 - 5:15 pm	NIA 	Laura
5:25 - 6:25 pm	 LES MILLS BODYPUMP	Shondra
6:35 - 7:35 pm	Ride 60 	Shondra
7:30 - 8:45pm	 Yoga* 	Robyn






FRIDAY

5:45 - 6:45 am	Ride 60	Michelle
8:00 - 9:00 am	Barre Tone 	Tamra
9:00 - 10:00 am	Arthritis Foundation Exercise* 	Wendy
9:10 - 10:10 am	Interval Training 	Michelle
10:20 - 11:20 am	 LES MILLS BODYPUMP	Wendy
11:30 am - 12:00 pm	Express Core 	Wendy
12:15 - 1:15 pm	  ZUMBA 	Virginia

SATURDAY

7:10 - 8:10 am	 LES MILLS BODYCOMBAT 	Jaala
8:20 - 9:20 am	 LES MILLS BODYPUMP 	Trimbi
9:30 - 10:30 am	Cardio Circuit 	Wendy
10:40 - 11:45 am	Yoga 	Wendy
11:55 am - 12:55 pm	 LES MILLS BODYPUMP 	Tara

SUNDAY

8:10 - 9:10 am	Ride 60 	Rotation
9:20 - 10:20am	 LES MILLS BODYPUMP 	Wendy
10:30 - 11:45 am	All Levels Yoga* 	Robyn
10:35 - 11:35 am	NIA 	Laura
4:30 - 5:45 pm	Yoga	Wendy

Fitness classes are included with ECC membership passes and daily admission fees.

Children ages 13 - 17 may participate in fitness classes.

Must be 15 to participate in BODYPUMP™.

Please pick up a number at Guest Service to reserve your spot for BODYPUMP™, BODYCOMBAT™ and Cycling classes.

* Classes are held in the Community Rooms

** Classes meet in the gym.

KidStation Available (6 months - 6 years)



Schedule subject to change.

Visit www.erieparksandrec.com for updates.

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ERIE COMMUNITY CENTER: FITNESS CLASS DESCRIPTIONS

GROUP FITNESS

BODYCOMBAT®: An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines, such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYPUMP®: Hailed as the “Fastest Way in the Universe to Get in Shape.” This is a strength and endurance training class where muscles collide! Low on complexity but high in fun, BODYPUMP™ has all of the benefits of traditional weight training combined with time efficiency and predictability.

Arthritis Foundation Exercise Class: This class begins with gentle stretching and range of motion training, followed by balance work, light weight training, and strengthening exercises to increase bone density.

Barre Tone: An intense ballet barre & floor workout that will strengthen, lengthen & sculpt your legs, glutes & core muscles.

Cardio Circuit: A combination of step, kickboxing and stretching. The choreography is varied with aerobic moves and all over body strengthening exercises.

Core Strength: Build strength from the inside out with a total body strengthening workout focusing on the power house (core center). This class will help you build a strong foundation while incorporating a variety of full body exercises and functional movement patterns.

Express Core: A 30-minute class covering a variety of exercises aimed at strengthening the abdominal and lower back muscles.

Interval Training: A high energy, high intensity workout that combines cardio drills, strength training, balance, coordination and core into a workout your body will love. Class format varies week to week to keep you on your toes.

Mommy Intervals: Bring baby in his/her stroller and get a great workout with cardiovascular and strength intervals. Modifications will be made to accommodate all fitness levels. Infants ages 6 weeks to 9 months are welcome in a stroller (babies are not required).

Muscle Conditioning: Mix up your strength routine with this total body strength workout utilizing a variety of equipment and exercises to keep your challenged and motivated. Never the same workout twice.

Boot Camp: Get into peak physical condition by integrating functional strength training, cardio intervals and core conditioning. A high energy class sure to get your heart pumping and your muscles working.

Piloxing: A combined cardio workout which includes both Pilates and Boxing. The workout combines all the power moves of boxing for that intense cardio to burn calories, along with incorporating lots of Pilates movements to help tone and strengthen.

Power Step: A high energy class choreographed for the ultimate step workout. Previous step experience recommended.

Step Interval: This is a fun step class containing energetic intervals for more intensity.

Total Body Conditioning: A total body workout you won't soon forget! Start with 30-minutes on the bike, move to 30-minutes of non-choreographed strength and cardio drills. Top it off with a well deserved cool down and full body stretch.

Zumba®: A fusion of Latin and International dance music themes that create an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms.

Zumba Gold®: A series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba® program and bring them to the active older adult, the beginner participant, and other populations that may need modifications for success.

INDOOR CYCLING

Ride 60: Indoor cycling at its best! We will guide you through a creative and effective workout with coaching techniques to ensure you have a positive riding experience.

MIND BODY

All Levels Yoga: Basic to extensive yoga experience is appropriate for this class in which poses will be taught with suggestions for both minimizing and maximizing the intensity. An exploration of forward and backward bends, twists, balance poses, inversions, relaxation and breath work will be included.

Gentle Yoga: Both beginning and experienced students will benefit from a focus on the fundamentals of form and alignment in basic poses. Participants will work on improving balance, building strength and increasing flexibility. Occasional intermediate poses will be introduced.

Nia®: Promotes strength and muscle definition through a fusion of martial arts, healing arts and dance. Its holistic approach unites the body and mind, and creates an exhilarating workout anyone can follow. All Nia® movements are adaptable and can be personalized for any level of fitness and agility.

Pilates: Is a rhythmic, focused exercise that connects one movement to the next, building greater endurance, flexibility, strength and performance.

Yoga: Yoga views health as a unity of body, mind and spirit and includes a wide variety of yoga postures, breathing exercises, relaxation and meditation techniques. A beginner/intermediate level class.

Yogalates: Blending the best of yoga and Pilates for one terrific workout!

SilverSneakers® FITNESS PROGRAMS

SilverSneakers® Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.